

## UTAH DIABETES PRACTICE RECOMMENDATIONS FOR ADULTS

### Tobacco Use and Diabetes

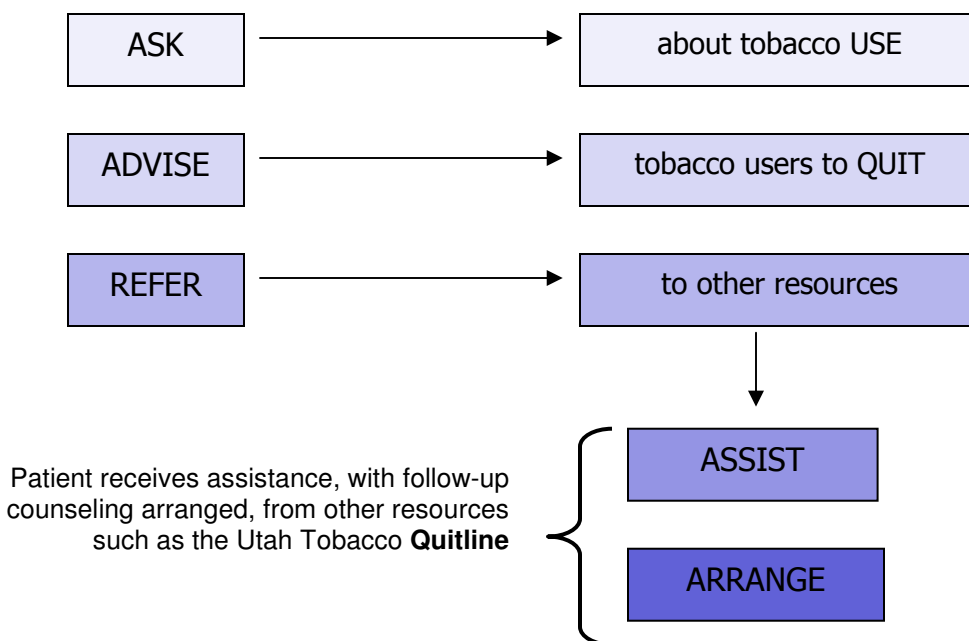
Tobacco is harmful to health and is of particular danger to people with diabetes. All complications of diabetes such as cardiovascular disease, foot problems, kidney and eye disease are worsened by smoking.<sup>1</sup>

#### Effect of Smoking on Diabetes

- Tobacco raises blood sugar levels, making it harder to control diabetes.<sup>1</sup>
- People with diabetes already have a high risk of heart disease. Tobacco use increases the risk of heart attack or stroke even more.<sup>1</sup>
- Diabetes can block the tiny blood vessels in the eyes (retinopathy). Tobacco use can make this problem worse.<sup>2</sup>
- People with diabetes who use tobacco have more chance of getting gum disease and may suffer tooth loss.<sup>2</sup>
- People with diabetes who smoke are more likely to get nerve damage<sup>3</sup> in all parts of the body. This causes numbness and sometimes pain.
- People with diabetes have poor blood flow in their feet and legs. Tobacco use can make foot ulcers, foot infections and blood vessel disease in the legs worse.<sup>2</sup>

#### General Recommendations:

Tobacco cessation treatment is a cost-effective intervention that should be recommended for all patients with diabetes. The following guidelines for making behavioral changes regarding smoking are based on the American Diabetes Association position statement on smoking and diabetes<sup>4</sup> and the Public Health Service Clinical Practice Guideline for Treating Tobacco Use and Dependence<sup>5</sup>:



#### FREE Tobacco Cessation Services:

- **Utah Tobacco Quit Line** (1.888.567.TRUTH) provides telephone-based counseling, support materials, and nicotine replacement therapy when appropriate.
- **Utah QuitNet** (utahquitnet.com) provides quitting guides, peer support through message boards and e-mail, expert advice, and other services to help people quit using tobacco.

<sup>1</sup> American Diabetes Association. "Smoking." 26 September 2007. <<http://www.diabetes.org/type-1-diabetes/smoking.jsp>>

<sup>2</sup> Tobacco Prevention and Control Program. "Tobacco and Diabetes." Utah Department of Health. 16 October 2009.

<[http://www.tobaccofreeutah.org/tobacco\\_diabetes\\_handout.pdf](http://www.tobaccofreeutah.org/tobacco_diabetes_handout.pdf)>

<sup>3</sup> The Scoop On Smoking. "Diabetes." The American Council on Science and Health. 16 October 2009.

<<http://www.thescooponsmoking.org/xhtml/effects/diabetes.php#top>>

<sup>4</sup> American Diabetes Association: *Smoking and diabetes (Position Statement)*. *Diabetes Care* 25 (Suppl. 1):S80–S81, 2002 /[external-ref?access\\_num=10.2337/diacare.25.2007.S80&link\\_type=DOI](#)

<sup>5</sup> Fiore M, Bailey W, Cohen S, *the Tobacco Cessation Guideline Panel: Treating Tobacco Use and Dependence*. Rockville, Md., U.S. Department of Health and Human Services, Public Health Service, 2008.